Table 1. Enrolment, intervention, and measurement schedule

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| Table 1. Enrolment, intervention, and measurement schedule |
|  | **Treatment phase (week)** | **Follow-up phase (week)** |
| **Timepoint** | **-w1** | **Baseline** | **w1** | **w2** | **w3** | **w4** | **w5** |  | **W12** |
| **Enrolment** |
| Inclusion/exclusion | \* |  |  |  |  |  |  |  |  |  |
| Informed consent | \* |  |  |  |  |  |  |  |  |  |
| allocation |  | \* |  |  |  |  |  |  |  |  |
| **Intervention** |
| Spirit-regulating group |  |  |  |  |
| Non-effective acupoints acupuncture group |  |  |  |  |
| **Measurements** |
| PSQI |  | \* |  |  |  | \* |  |  |  | \* |
| HAMA |  | \* |  |  |  | \* |  |  |  | \* |
| HAMD |  | \* |  |  |  | \* |  |  |  | \* |
| HAS |  | \* |  |  |  | \* |  |  |  | \* |
| FS-14 |  | \* |  |  |  | \* |  |  |  | \* |
| r-fMRI |  | \* |  |  |  | \* |  |  |  | \* |
| Actigraphy |  | \* |  |  |  | \* |  |  |  | \* |
| Sleep diary |  |